

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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### A241 – TOMATOES, DICED, LOW-SODIUM, CANNED, #10

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better canned diced tomatoes. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 102 oz (12¾ cups) diced tomatoes and juice.</li> <li>One #10 can AP yields about 12¼ cups heated, diced tomatoes and juice and provides about 49.2 ¼-cup servings heated vegetable.</li> <li>CN Crediting: ¼ cup diced tomatoes and juice provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of tomatoes covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li><b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Drain off half the liquid in the can. Pour tomatoes and remaining liquid into stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.</li> </ul>



### Nutrition Information

Tomatoes, diced

	¼ cup (60 g)	½ cup (121 g)
Calories	12	25
Protein	0.5 g	1.0 g
Carbohydrate	2.5 g	5.0 g
Dietary Fiber	0.5 g	1.0 g
Sugars	1.5 g	3.0 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.36 mg	0.72 mg
Calcium	20 mg	40 mg
Sodium	70 mg	140 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	375 IU	750 IU
Vitamin A	N/A	N/A
Vitamin C	6 mg	12 mg
Vitamin E	N/A	N/A

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<b>PREPARATION/ COOKING INSTRUCTIONS (cont'd)</b>	<ul style="list-style-type: none"> <li>STEAMER: Pour tomatoes into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.</li> <li>Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned sweet potatoes to serve soon after heating.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, vegetables, rice, or main dishes. Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.</li> <li>As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>